
Workouts in Morning...!

Posted by anand1 - 2008/02/27 02:58

What you prefer the timing for your workouts is it morning or evening nad does this effects the workout efficiency...!

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Re:Workouts in Morning...!

Posted by Jenson - 2008/02/28 06:28

Although I don't have any preferences but usually I would prefer morning workout after breakfast. It's especially important if you want to grab the fresh air in the morning.

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Re:Workouts in Morning...!

Posted by angelray - 2008/03/27 20:09

i always workout in the am. it just sets the tone for my metabolism all day. i run on the treadmill it makes me a little fat burning machine all day.

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Re:Workouts in Morning...!

Posted by he4dhuntr - 2008/06/19 15:30

I workout in the morning lately since I don't have the time after work. I do it before breakfast, around 5:30 or 6:00 am for an hour or an hour and a half. I do it before breakfast because I feel sick if I workout on a full stomach. Whenever you workout during the day I don't think it'll affect the effectiveness of the workout. But I'm no expert on the subject.

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Re:Workouts in Morning...!

Posted by Les - 2008/06/19 18:15

a story on a M&F stated that it is more beneficial to workout in the afternoon. studies have shown that people are more tolerable to pain in the afternoon. but I'm a morning person (I actually wake up energize regardless of last night activities, unless i wake up drunk) but ever since i moved to the gym across from my work I workout whenever I want although mainly early morning

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